

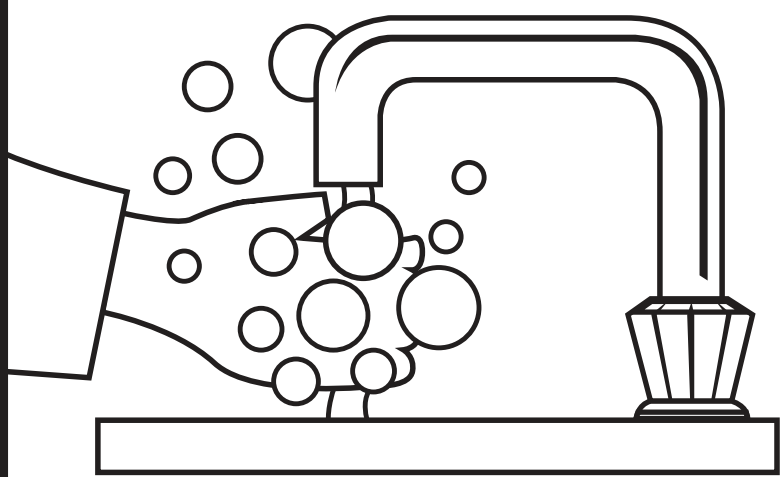
THE **story**
OF YOUR
dinner

CORE FOUR

COLOR THEM!

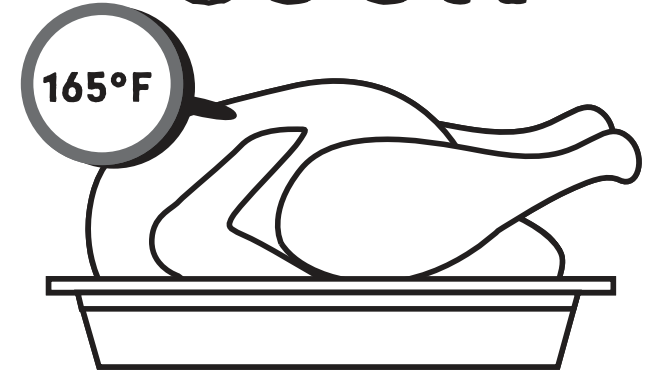
RULES OF HOME FOOD SAFETY

CLEAN

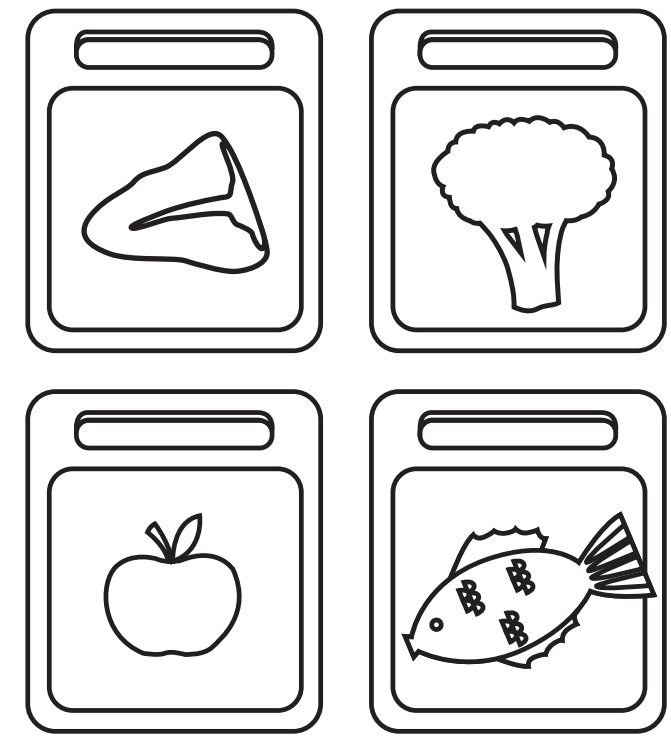


Wash your hands, kitchen surfaces and utensils with hot, soapy water before and after handling food.

COOK

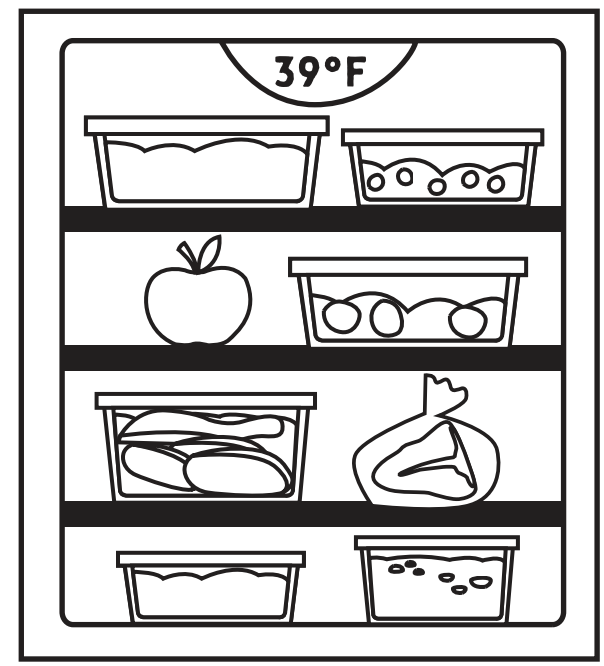
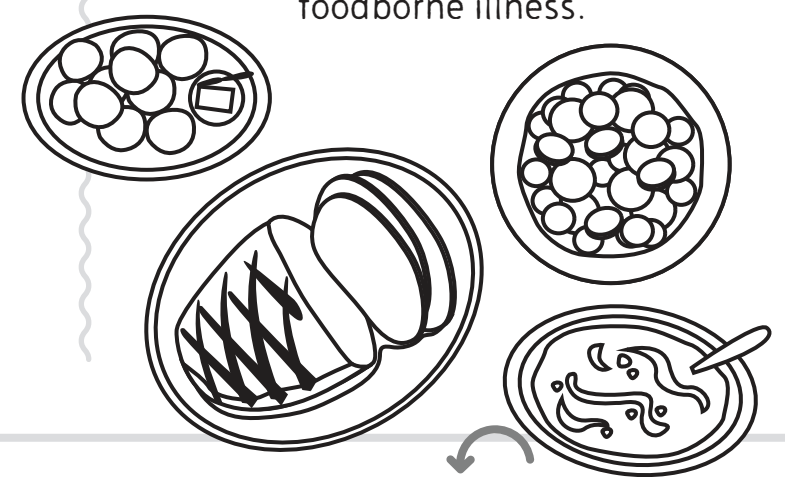


Cook food to a high enough internal temperature to kill the harmful bacteria that cause foodborne illness.



SEPARATE

Separate produce from raw meat, seafood, poultry, eggs and household chemicals.



CHILL

Keep your refrigerator at or below 40°F and your freezer at 0°F. Refrigerate or freeze leftovers in shallow containers within two hours.

CORE FOUR RULES OF HOME FOOD SAFETY



CLEAN
Wash hands and surfaces often.



SEPARATE
Don't cross-contaminate.



COOK
Cook to the safe internal temperature.



CHILL
Refrigerate or freeze promptly.

PARENT QUIZ! TRUE OR FALSE?

Thawing at room temperature is the best method for defrosting food.

False! There are three safe ways to defrost food: in the refrigerator, in cold water and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

Turn your placemat upside down to learn the answer!

BROUGHT TO YOU BY:



Learn more about food safety at StoryOfYourDinner.org.